



Cannons thunder as Soldiers from U.S. Army-Pacific welcome Gen. Vincent Brooks to the command during a change of command and Flying V ceremony at Palm Circle, Tuesday. The transition to a four-star headquarters highlights the continued focus for the Army in the Asia-Pacific region. (Photo by Russell Dodson, U.S. Army-Pacific Public Affairs)

USARPAC becomes 4-star headquarters with CoC

STAFF SGT. AMBER ROBINSON
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Gen. Vincent Brooks took command of U.S. Army-Pacific from Lt. Gen. Francis Wiercinski at a change of command ceremony, Tuesday.

The event on Palm Circle, presided over by Gen. Raymond Odierno, Army Chief of Staff, was a historic moment for USARPAC as it formally transitioned from a three-star to a four-star com-

mand, symbolizing the continued rebalance for the United States in the Asia-Pacific region.

“Ladies and gentlemen, the significance of today’s ceremony and the message of our commitment here is a clear message. It’s a clear message to the region, and we’re honored to be a part of it,” Brooks said.

“What an honor it is to be on this historic field, where the U.S. Army’s presence in the Pacific has been evident every day for over a century,” Brooks said.

“And while the challenges before us are numerous, I think the opportunities for us to make a difference for the Army and for this joint team are even more plentiful,” Brooks added. “I’m honored to lead this command, keeping it available and responsive to the requirements that each of you set and the directives that each of you give.”

Wiercinski, who is retiring after 34 years and

plans to make Hawaii his home, served as USARPAC commander since March 2011 and told the audience his time served here was a dream come true.

“Today is a great day for Pacific Command, the Army and for U.S. Army Pacific,” said Wiercinski. “Commanding this unit has truly been an honor and something I will never forget.”

See **BROOKS A-6**

‘Borzoi Company’ makes air assault during 5-day exercise

Story and photo by
2ND LT. HANNAH SMITH
1st Battalion, 27th Infantry Regiment
2nd Stryker Brigade Combat Team
25th Infantry Division

SCHOFIELD BARRACKS — “Five minutes!” called the CH-47D Chinook crew chief, signaling to alert the first chalk of “Borzoi Company,” 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division.

“Five minutes!” the chalk echoed back, shaking the knees of their buddies next to them and signaling the five-minute mark.

At two-minutes, Soldiers released their seatbelts to gather up rucksacks and weapons. Immediately upon landing at the Kahuku Training Area (KTA), the ramp went down and the troops deployed into a half-moon security formation.

As the helicopters departed, leaders huddled in the middle of the formation to check a map and confirm the timeline of events.

The air assault was part of Operation Junction City, a five-day exercise that began with team situational training and a live-fire exercise,



Members of 1st Plt., Borzoi Co., 1st Bn., 27th Inf. Regt., 2nd SBCT, 25th ID, make a helicopter air assault and immediately set up in a half-moon formation to pull security. The 36-hour air assault was part of a five-day training exercise.

followed by an air movement to KTA for 36 hours of squad situational training. The exercise was supported by 25th Combat Aviation Brigade Chinooks from Co. B, 3rd Bn., 25th Aviation Regt., and OH-58 Kiowas from 2nd Squadron, 6th Cavalry Regt.

“This mission was difficult because (we were) going into the Kahukus. All of our guys were exhausted from a weekend of day and night fires,” said Staff Sgt. Emmanuel Rodriguez, squad leader, “but the teams performed exceptionally at (training area) KR-5. And despite being tired at the Kahukus, teams and squads were becoming proficient.”

In addition to simple dismounted operations, the cavalry weapons teams helped layer on another level of training as they integrated themselves into several squad missions, said 1st Lt. Joe Orton, Borzoi executive officer.

“Squads were able to use the Kiowas and practice close combat aviation support,” said Orton. “Borzoi forward observers (FOs) and platoon

See **BORZOI A-6**

8th STB prepares for emergency deployment

STAFF SGT. GAELN LOWERS
8th Theater Sustainment Command Public Affairs

MAKUA VALLEY — Dismounted Soldiers from the 82nd Engineer Support Company, 65th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, slowly ascended the steep road in the scenic Makua Valley to search for improvised explosive devices as part of the company’s final training exercise, June 18-21, prior to its deployment to Afghanistan later this year.

The field exercise validated the unit’s route clearance tactics and battle drills, and incorporated air medevac training with Company C, 3rd Bn., 25th Aviation Bde.

It began with a company convoy to the Makua Training Area, located on the western coast of Oahu. The next day, the unit conducted route clearance operations along the steep, narrow roads of the valley. This mission is critical in Afghanistan enabling other international security assistance force units to maneuver safely on

the battlefield.

The unit crept slowly along in its vehicles looking for indicators of where the IEDs might be planted. Upon finding the devices, the unit conducted battle drills, which included procedures for clearing IEDs.

IED detection involves both mounted and dismounted operations, so boots on the ground with handheld mine detectors searched for devices.

Training lanes also incorporated enemy forces that allowed the Soldiers to practice reacting to small arms fire and detainee operations. The Asia-Pacific Counter IED Fusion Center facilitated training by emplacing IED simulators on the lanes and providing feedback for the platoons on their execution of route clearance operations.

“Whatever type of improvised explosive device that is introduced into the battlefield, our Soldiers need to be ahead of the enemy,” said Gary Montano, trainer, Fusion Center. “The Soldiers’ training aided them in mitigating the risks of IEDs. They gained and retained the skills needed to remain proficient in an IED environment by conducting their battle drills repetitively.”

One of the most beneficial and enjoyable aspects of the lanes for the Soldiers was the opportunity to practice air medical evacuations with crews from the aviation unit. The Soldiers conducted hot and cold load training with the medevac crews prior to the training lanes.

Once on the lanes, the 82nd Eng. established helicopter landing zones in response to casualties sustained from an IED attack. It then loaded the patients onto the aircraft.

“I believe that medevac training is essential to



A combat medic and two heavy equipment operators prepare a spine board to stabilize simulated patient Pvt. Brandon Nelson, June 18. (Photo by 1st Lt. Laura Looper, 82nd Engineer Support Company, 65th Eng. Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command)

See **8th STB A-6**

25th CAB flies SEAL divers

SGT. DANIEL SCHROEDER
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

MARINE CORPS BASE HAWAII, Kaneohe Bay — Flight crews from the 25th Combat Aviation Brigade conducted training with Navy divers, June 18.

Divers from the Air, Land Delivery Vehicle Team One, Naval Special Warfare Group 3 (NSWG 3), practiced being extracted and inserted using Army CH-47F Chinook and UH-60 Black Hawk.

“Some of the techniques covered were rappelling, HELOCAST, SPIE, and caving ladder over land and water,” said Chief Warrant Officer 3 Charlie Mock, UH-60 instructor pilot, Company B, 2nd Battalion, 25th Avn. Regt., 25th CAB.

Helocasting is an airborne technique used by small units using helicopters for diving.

“The training was great,” said Sascha Larsen, parachute rigger 1 and a rappel master with Logistics and Support Unit 3, NSWG 3. “By training with the Army, our divers are now qualified to conduct missions from different types of helicopters.”

In addition to the divers being trained, CAB instructor pilots from 2nd Bn. and 3rd Bn., 25th Avn. Regt., are qualified to conduct these types of missions and training for their companies.

“The SEAL team was very supportive

See **CAB A-4**



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AMERICAN FORCES PRESS SERVICE
News Release

WASHINGTON — Defense Department officials will move forward in making benefits available to all military spouses, Defense Secretary Chuck Hagel said in a statement issued after the U.S. Supreme Court struck down the Defense of Marriage Act, June 26.

The law had prevented federal agencies from offering all of the same benefits to spouses in same-sex marriages that it provides to other spouses.

Here is the secretary’s statement:
“The Department of Defense welcomes the Supreme Court’s decision today on the Defense of Marriage Act. The Department will immediately begin the process of implementing the Supreme Court’s decision in consultation with the Department of Justice and other executive branch agencies. The Department of Defense intends to make the same benefits available to all military spouses — regardless of sexual orientation — as soon as possible. That is now the law, and it is the right thing to do.”

Hagel continued, “Every person who serves our nation in uniform stepped forward with courage and commitment.



Secretary of Defense Chuck Hagel takes questions from reporters at a press conference, recently, in the Pentagon Briefing Room. (DOD photo by Glenn Fawcett)

All that matters is their patriotism, their willingness to serve their country and their qualifications to do so. Today’s ruling helps ensure that all men and women who serve this country can be treated fairly and equally, with the full dignity and respect they so richly deserve.”
Later, a Defense Department

spokesman issued a statement detailing some of the steps the department is taking:
•The Department will immediately begin to update the identification card issuance infrastructure and update the applicable implementing guidance. It estimates that this process will take

about 6-12 weeks.
For civilian employees, the Department will look to OPM for guidance. For civilian employees who are eligible for ID card-related benefits, the Department intends that ID cards will be made available to same-sex spouses of civilian employees at the same time as same-sex spouses of military members.
•The Supreme Court’s ruling means that the Defense Department will extend all benefits to same-sex spouses of military personnel that are currently extended to opposite-sex spouses, including medical, dental, interment at Arlington National Cemetery and with-dependent Basic Allowance for Housing.
The Department will implement these benefit changes as soon as possible for same-sex spouses.
•The policies governing burial at Arlington National Cemetery will apply equally to same-sex and opposite-sex spouses.
•The department is carefully reviewing command sponsorship for overseas tours, and all applicable Status of Forces agreements.
•The department will assess costs as it moves forward with implementation.

BACKTObASICS

Leaders should challenge, train, mentor Soldiers

COMMAND SGT. MAJ. THOMAS PERRY
3301st Mobilization Support Battalion
9th Mission Support Command

Since military operations in Iraq are over and the war in Afghanistan is winding down, we have to get back to training our Soldiers on all of the basic skills they need to succeed.

Getting back to basics may be a tough transition for those of us who have been preparing and training to deploy to combat zones for more than a decade.

For the past 12-plus years, our training efforts have been exclusively tailored to combat skills, mobilization, deployment and combat operations. Now that the deployment cycle is winding down, we have to shift back to developing good quality training exercises that develop the skills of our Soldiers

I have found, throughout my career, that Soldiers of all ranks want to be challenged and trained. We, as leaders, owe this to them. As we plan training, we need to make certain it’s challenging and follows the Army Principles of Unit Training laid out in Army Doctrine Publication (ADP) 7-0.

Soldiers within our commands deserve well-planned, good quality, realistic and challenging training that is fiscally responsible.

In addition, we need to keep up with the changes in the various Army publications and regulations. We must take the time to train and counsel our Soldiers.
As you walk through your unit areas, take the time to talk to your Soldiers. Ask them for feedback, ask them what challenges they face and provide them guidance on how to advance in their careers.
Take the time to get to know your Soldiers and their families.
ADP 7-0 states, “All leaders should know their subordinates at least two levels down — their strengths, weaknesses



Perry

and capabilities. The Army trains leaders to know and help not only subordinates, but also their families.”
Families are very important for Soldier morale and success. We must take the time to thank the families for supporting their Soldiers and include them in unit events, whenever possible.
We must challenge our Soldiers to continue their civilian and military education in order to stay operationally ready. Having educated leaders and Soldiers is what makes our armed forces great.
Whether it is completing correspondence courses, Structured Self Development, Officer Education System, Warrant Officer Education System, Noncommissioned Officer Education System courses or obtaining a college degree, we must always challenge ourselves, and our Soldiers, to continue with lifelong learning.
As NCOs, we need to ensure our Soldiers do not lose focus on training, education, appearance, customs and courtesies, drill and ceremony, and the tradi-

tions of the Army. We must set the example for our Soldiers to follow, even when we think there is no one watching. We are being watched, and not only by our Soldiers, but also by officers and civilians.
As NCOs, we need to correct deficiencies, big and small. We must live by and teach the NCO Creed. Never forget that NCOs are the backbone of the Army.
The 3301st Mobilization Support Battalion command team challenged its Soldiers to look for new and creative ways to conduct training in an era of diminishing resources, and to make that training as valuable as possible.
This new and creative training mindset and command team challenge resulted in our unit partnering with a sister unit at Fort Lewis, Wash. We conducted a real-world mission where we fully integrated into our sister unit’s operation. This integration enhanced the outcome of the mission and contributed to our sister unit’s success. It was a win-win.
Leaders, take the time to challenge, train and mentor your Soldiers.

5 FISTEPS in FAITH

Anecdote teaches that children, not things, matter most

CHAPLAIN (CAPT.) SANG KWON
2nd Battalion, 27th Infantry Regiment
3rd Brigade Combat Team
25th Infantry Division

I remember reading one of the stories from “Chicken Soup for the Soul” entitled “Raise Children, Not Flowers!”



Kwon

*I’ll never forget the story of David, my next door neighbor a while back, who taught me a great lesson one morning as I watched him trying to teach his seven-year-old son how to push the gas-powered lawn mower around the yard.
As he was showing him how to turn the mower around at the end of the lawn, his wife Jan called to him to ask a question.
When David turned to answer the question, Kelly pushed the lawn*

*mower right through the flower bed at the edge of the lawn — leaving a two-foot wide path leveled to the ground!
David was not happy about this. As soon as he saw what had happened, he began to lose control. David had put a lot of time and effort into making those flower beds the envy of the neighborhood.
The moment his voice climbed higher in a semi-rage toward poor Kelly, Jan walked quickly over to him, put her hand on his shoulder and said, “David, please remember ... we’re raising children, not flowers!”*

This story gives an important lesson that we all need, especially today. Many are still struggling financially, and it looks like there’s no end in sight.
During times like these, parents often forget the importance of children and focus on managing their career and budget in the family. However, it is very critical for we parents to remember that our children are more important than

anything in the world.
Have your children told you recently that they feel unimportant or unloved because you are involved in so many other activities that seem to captivate your time and attention? Do your children declare that you seem distant because you just have little or no connection with them?
If you feel like these questions are the center of your great struggles in your family, you have to reprioritize things in your life. If you fail to determine what your priorities should be and keep these concerns out of order, conflict will always result.
Going back to the story, our kids are always more important than any physical object. The flowers are already dead. You can always replace the lawn, but not our children. It is, perhaps, okay to destroy physical objects by accident, but never, ever, add to the destruction by breaking a child’s self-esteem and confidence.
Jesus made it very clear throughout his ministry what his priorities are. He spoke about two most important fun-

damental aspects that encompass all priorities.
Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments” (Matthew 22:37-40).

The first commandment addressed the vertical relationship between human and God. The second commandment addressed the horizontal relationship with other people. All of our priorities will also fall into these two basic categories.
Ask yourself: What you are aspiring at in life? What is your ultimate goal and purpose? Is it success, material wealth or fulfilling other desires in life?
Of all your relationships and responsibilities, you must place spouse and children as your number one priority in life.

Voices of Ohana

With so many major movies being released, we want to know, “What summer blockbuster are you most excited to see?”
Photos by 500th Military Intelligence Brigade Public Affairs



“‘The Heat,’ because I love funny movies. They’re my favorite.”
Spc. Tatiana Gotowala
Signals collection analyst,
Co. D, 715th MI Bn.,
500th MI Bde.



“‘The Hangover III,’ because I like the actors in the movie.”
Cpl. Shana Greene
Cryptologic linguist,
Co. D, 715th MI Bn.,
500th MI Bde.



“‘World War Z,’ because I really enjoy zombie movies.”
Spc. Russell Maclay
Cryptologic linguist,
Co. D, 715th MI Bn.,
500th MI Bde.



“‘Pain and Gain,’ because it really motivated me.”
Spc. Zachariah Price
Signals collection analyst,
Co. D, 715th MI Bn.,
500th MI Bde.



“‘The Heat,’ because I like other movies that the actresses (Sandra Bullock and Melissa McCarthy) are in.”
Spc. Neal Woods
Signals intelligence analyst,
Co. D, 715th MI Bn.,
500th MI Bde.

IMCOM employees discuss future at town hall

U.S. ARMY INSTALLATION MANAGEMENT COMMAND
Public Affairs

SAN ANTONIO — Employees at the U.S. Army Installation Management Command headquarters got an update on the furlough process as they go through the final weeks before implementation during a town hall meeting at the Fort Sam Houston Theatre, recently.

Karen Perkins, IMCOM personnel director of human resources, gave an update on the status of the furlough process.

“We’ve issued all furlough proposal memos (at IMCOM headquarters) and (June 13 was) the last day for replies,” said Perkins.

Perkins said human resources would work with the deciding officials to assist them in preparing responses for their employees.

“For IMCOM headquarters, our first furlough day will be on Friday, July 12, since we’re predominantly going to make Friday our furlough day,” Perkins continued. “We will continue the same and conclude the last week in September. If you need something, and everyone needs a buddy and someone you can talk to, don’t be afraid to ask. We are here for you.”

Ferriter, Perkins and Command Sgt. Maj. Earl Rice, IMCOM senior enlisted leader, answered audience questions.

Q. Are there examples of exemptions being considered?

A. The standard exemptions have already been announced: employees listed as deployed to combat zones, certain child development center employees, all NAF employees, all OCONUS foreign

Questions?

For more information on how sequestration and furloughs affect the IMCOM workforce, visit these sites:

- www.imcom.army.mil/Organization/G1Personnel.aspx.
- For a list of FAQs concerning the administrative furlough, cpol.army.mil/library/general/2013sequestration/index.html#faqs.
- Locally, at bottom of page under “Most Popular Content” in “Furloughs” and “Sequestration Impacts” at www.garrison.hawaii.army.mil.

nationals, all individuals appointed by the president with Senate confirmation, employees funded through the National Intelligence Program, foreign military sales employees, full-time sexual assault responders and any employee not paid directly by DOD accounts.

“All responses will be carefully and compassionately looked at,” said Perkins. “You also have a right to appeal to the Merit System Protection Board after the first day of furlough.”

Q. Is comp time permitted for official travel on non-work days?

A. If directed to travel on a weekend, the normal rules will apply for comp time. However, employees may not travel on their furlough day, as this represents official business, unless an alternative fur-



Command Sgt. Maj. Earl Rice, senior enlisted leader, IMCOM, responds to employee questions on the furlough process during a town hall at the Fort Sam Houston Theatre, June 13. (Photo by Robert Dozier, Family and Morale, Welfare and Recreation Command)

lough day is taken.

Q. Can two furlough days be taken in one week, to accommodate a TDY trip exceeding four days?

A. Flexibility can be granted as situations come up. We will provide specific guidance to the directors based on the details of the travel event.

Q. Will furloughs impact staff enrolled in the civilian fitness program?

A. There has been no decision to suspend the program.

“Exercise is medicine,” said Rice. “After PT, you don’t think about pain and pills. Why wouldn’t we want to get out and start the day off right? For us, it gives us the energy we need for this awesome responsibility to take care of Soldiers and their families. You don’t have to run, take a walk or jog to be motivated. It teaches you to say ‘I will never quit.’”

GARRISON FURLOUGH CLOSURES THROUGH SEPT. 30

Begin Date	Office	Closed	Call
July 8	Auto Skills Center Fort Shafter	Mon.-Wed.	656-0105
	Defense Commissary Schofield Barracks	Mondays	655-5066
July 10	Forms & Publications Office/Records Holding Area/Forms Center	Wednesdays	655-5033
July 11	Housing Services Office Schofield Barracks	Thursdays	655-3079
July 12	Civilian Pay Office	Fridays	438-2026
	FOIA Office	Fridays	655-5033
	Housing Services Office Fort Shafter	Fridays	438-6198
	U.S. Army Health Clinic Schofield Barracks*	Fridays	433-8500
July 13	Tropic Lightning Museum	Sat.-Mon.	655-0438/0437

**Care for all family members on Fridays will be on an acute basis only and will be provided in the Acute Care Clinic. Soldier care will be provided in the Soldier Centered Medical Home facility. Pharmacy will remain open.*

Furloughs and Sequestration Impacts
Review details under “Most Popular

Content,” at bottom of homepage, www.garrison.hawaii.army.mil.

Furloughs require a budget

JUSTIN CREECH
Army News Service

Beginning next week, Department of Defense civilians will see a 20 percent reduction in their salaries due to the start of the federal government furlough.

In order to deal with the loss in wages, basic money management tips should be followed by DOD civilians and their families to handle their funds until the furlough is over.

“The first thing people need to do is have a budget,” said Erica Drame, Army Community Service Financial Readiness Program man-

ager. “If you currently do not have a budget and you are not doing the necessary financial management steps, how are you supposed to manage the reduced money you are going to be getting?”

Continuing to put money in their savings accounts, talking to creditors about reducing monthly credit card and car payments, or deferring payments and using local charities are key ways DOD civilians can manage their finances during the furlough.

(Editor’s note: Read the entire story, with links, online at www.hawaiiarmyweekly.com.)

25th CAB teaches Queen’s Medical risk management

SGT. DANIEL SCHROEDER
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

WHEELER ARMY AIRFIELD — Medical personnel from Queen’s Medical Center and Queen’s Health Systems visited the 25th Combat Aviation Brigade, 25th Infantry Division, in June, to learn about the Army’s risk management process and new techniques developed by the 25th CAB.

Queen’s Medical personnel and Soldiers of the 25th CAB discussed and exchanged techniques for managing risk to help improve the quality and performance of their operations.

“This visit was extremely helpful,” said Crissy Gayagas, trustee, Queen’s Health System. “I understand how units with high risk conduct the risk assessment process.”

The Queen’s staff studied aspects of the CAB’s risk management process, how the aviation brigade assesses mission risks, control measures application and the new 25th CAB tier system.

The tier system is a capability-based tool that provides a more accurate assessment of each in-



Chief Warrant Officer 3 Roger Armstrong, pilot, Co. C, 3rd Bn., 25th Avn. Regt., 25th CAB, 25th ID, briefs officials from Queen’s Medical Center about the Army’s risk management process for its pilots during a visit, in June. (Photo courtesy 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division)

dividual pilot or crew members and matches them to a specific mission.

“We heard the Army has some really terrific systems in place that significantly improve the quality and performance of the operation,” said Mark Yamakawa, executive vice president and chief operating officer for Queen’s Health Systems. “It was really helpful to hear from the front line Soldiers because it shows me this is part of the Army culture.”

Chief Warrant Officer 5 Matt Fitter, 25th CAB safety officer, represented the CAB during this visit.

“We covered all aspects of risk management from the division level down to what we do in the cockpit,” said Fitter. “I was honored the Queen’s team approached us for our input on risk management. This visit built a good partnership with the Queen’s Medical Center and Health Systems, and we hope to do something similar again.”

The Queen’s medical staff also had the opportunity to visit with Soldiers of Company C, 3rd Battalion, 25th Avn. Regt., and to try their hand at the flight simulator.

NEWS Briefs

Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

No-Show Problem — The Department of the Army photo lab on Schofield Barracks reports that it is still experiencing 40-50 no-shows for official photographs each month. Failing to make scheduled appointments wastes the time of the lab and other Soldiers awaiting their own appointments. Now a no-show *will* involve your chain of command, requiring letters from senior leaders. Call 655-5246.

Sequestration & Furlough — Get the latest updates on sequestration and furlough impacts within garrison directorates, Housing Services, and more, at [www.garrison.hawaii.army.mil/com-](http://www.garrison.hawaii.army.mil/com-mand/documents.htm?tab=4)

[mand/documents.htm?tab=4](http://www.garrison.hawaii.army.mil/com-mand/documents.htm?tab=4). Call 656-3155 or 656-3153.

8 / Monday

New Hours — Due to fewer employee hours caused by furloughs, the Fort Shafter Auto Skills Center’s new hours are 9:30 a.m.-5:30 p.m., Thursday-Sunday. Closed Monday-Wednesday. Call 656-0105.

Change of Command — Col. Greg Boyd will take command of 45th Sustainment Brigade from Col. Jeff Drushal, 10:30, on Schofield’s Hamilton Field. Call 438-0944.

9 / Tuesday

AFCEA Luncheon — The Armed Forces Communications and Electronics Association (AFCEA) hosts a luncheon, July 9, at the Hale Ikena Club, Fort Shafter, with guest speaker Marine Brig. Gen. Richard Simcock, deputy commander, Marine Forces Pacific.

Check-in is at 11 a.m., with a buffet beginning at 11:30 a.m. Cost is \$14 for AFCEA members who preregister, \$17 at the door or for nonmembers.

Register online at www.afcea.hawaii.org. ocall4418565.

15 / Monday

CIF Closure — The Schofield Central Issue Facility will be closed for an inventory. CIF will reopen on July 29. All emergencies and special circumstances outside of core hours will continue to be handled on a case-by-case basis. Call 655-8120.

Golden Knights — If you love the Army, love to skydive, and love to travel, then you should apply now, because July 15 is the last day to apply for the U.S. Army Parachute Team. To be selected, an individual must be on active duty status, have completed 100 freefalls, and have a good background record. Think you may need a waiver? Call (910) 396-4800. But don’t wait —you need your chain of command’s endorsement!

22 / Monday

Traffic Alert — Fort Shafter’s Loop and Stream roads will be fully closed for construction. Access will be allowed for local traffic only on Loop Road heading northwest from Suehiro Road up to the full lane road closure, and only on Stream Road heading southwest from Signal Street up to the full lane road closure. Call 835-4247.



Navy divers with SEAL Delivery Vehicle Team 1, NSWG 3, climb a caving ladder into an Army CH-47F Chinook assigned to Co. B, 3rd Bn., 25th Avn. Regt., 25th CAB, 25th ID, June 18. (Photo by Capt. Richard Barker, 25th Combat Aviation Brigade Public Affairs, 25th Infantry Division)

CAB: Navy flies with Army

CONTINUED FROM A-1

during the training,” said Mock. “This training allows us to broaden the support we can offer to other units. The CAB looks forward to future training opportunities with Army units and other services in order to improve and maintain its capabilities.”



Col. Brian Eifler (front, second from left), commander, 3rd BCT, 25th ID, along with his family and staff, lead the Bronco Brigade during a family fun run to begin the brigade's "Week of the Bronco," Monday. (Photo by Sgt. Brian Erickson, 3rd Brigade Combat Team Public Affairs, 25th Infantry Division)

3rd Brigade celebrates ‘Week of the Bronco’

1ST LT. ZACHARY KOHL
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers from 3rd Brigade Combat Team, “Broncos,” 25th Infantry Division, celebrated the “Week of the Bronco,” Monday-Wednesday, with a series of morale-building events.

Fifty years ago, in the summer of 1963, the Bronco Brigade was born to help defend America from the communist threat in Vietnam.

Since then, it has been one of America’s premier light infantry forces in the Pacific theater.

The Week of the Bronco featured heavy emphasis on competitive sports. Some of Hawaii’s most famous battalions, with strength forged in war, sparred in friendly competition.

“Our job as Soldiers is to be in top physical condition, and this is not only a chance to come out and test ourselves, but it also builds that sense of brotherhood and camaraderie that is important in a fighting unit,” said 1st Lt. Steve Rizley, Headquarters and Headquar-

ters Company, 2nd Battalion, 27th Inf. Regiment, “The Wolfhounds.”

The week kicked off with a brigade run that included family members of proud Bronco Soldiers.

“It was good for the families to get out and run with their dads,” said Kalya Dawson, 13, daughter of Staff Sgt. Nolan Dawson, HHC, 3rd BCT.

Volleyball, softball, football, cross-fit, combatives, a golf tournament, tug-o-war, a 4-mile relay and a special chariot race were among the events.

“A little bit of competition in the organization just makes us better,” said 1st Sgt. Chad Pinkston, HHC, 3rd BCT.

The Bronco Brigade has a lot to be proud of. “It is a brigade that has been in the fight for a long time. It rarely puts its rucksack down,” said Pinkston. “In my opinion, it is one of the busiest BCTs in the Army.”

That kind of pride was evident during the Week of the Bronco.

“We have been at the front of pretty much every fight ... and to be associated with that is such an honor,” said Rizley.

SOY competes for fallen bro

MAJ. AVON CORNELIUS
311th Signal Command (Theater) Public Affairs
FORT SHAFTER — We often hear of service members competing in honor of comrades who made the ultimate sacrifice.

One Signal Soldier in the Pacific, however, recently competed in honor of someone much closer to home.

Spc. Jonathan Ross, 293rd Signal Company, 1st Sig. Brigade, competed in the 2013 U.S. Army Network Enterprise Technology Command Best Warrior Competition to honor the memory and selfless service of his younger brother, Pfc. Adam Ross, who was shot and killed in an ambush in Afghanistan, July 26, 2012.

“I took a lot of inspiration from my younger brother, who was killed in action right before the 1st Signal Brigade’s Soldier of the Quarter competition,” Ross said.

Ross made the journey from his duty station in South Korea to Hawaii to compete. He was one of four Soldiers from around the globe contending for the title of NETCOM Soldier of the Year during a competition held here in late June.

“Had it not been for Adam’s constant encouragement throughout my initial year in the Army, I seriously doubt I would be where I am today,” Ross said. “I have set my mind to compete at every level to the fullest of my ability, and I do it all in honor of his memory.”

During the competition, the Soldiers took a written examination and attended a formal sergeants major board.

“The Best Warrior Competition challenges organizations and individuals by creating a pos-

NETCOM Soldier and NCO of the Year
•Sgt. 1st Class Kevin Pfister, Fort Shafter, NCO of the Year
•Spc. Jonathan Ross, South Korea, Soldier of the Year

itive training environment that ultimately tests an individual’s physical attributes, basic rifle marksmanship and general military knowledge,” said Command Sgt. Maj. Travis Cherry, senior enlisted leader, 311th Sig. Command (Theater).

Ultimately, two Pacific Signal Soldiers were chosen to represent the command as NETCOM Noncommissioned Officer and Soldier of the Year.

Sgt. 1st Class Kevin Pfister, 311th SC(T), Fort Shafter, was named NCO of the Year, and Ross was named Soldier of the Year.

“I feel that the competition was hard fought,” said Ross. “I went up against four very squared-away Soldiers, and I would not have been surprised if either of them were named Soldier of the Year.”

Ross and Pfister will represent NETCOM at the U.S. Army Forces Command competition this month.

“It’s a great honor to have been selected for this award from NETCOM,” said Pfister. “I look forward to representing the command at future competitions.”

The Army Best Warrior Competition started in 2002 and has been called the “Super Bowl” of Army competitions.



Spc. Jonathan Ross, 293rd Sig. Co., 1st Sig. Bde., advances during urban operations drills as part of the 2013 NETCOM Best Warrior Competition. Ross competed in memory of his younger brother, Pfc. Adam Ross. (Photo by Spc. Nikkoangelo Matos, 311th Signal Command (Theater) Public Affairs)

Battle of Gettysburg reaches 150th anniversary

ASH MCCALL
Army Live

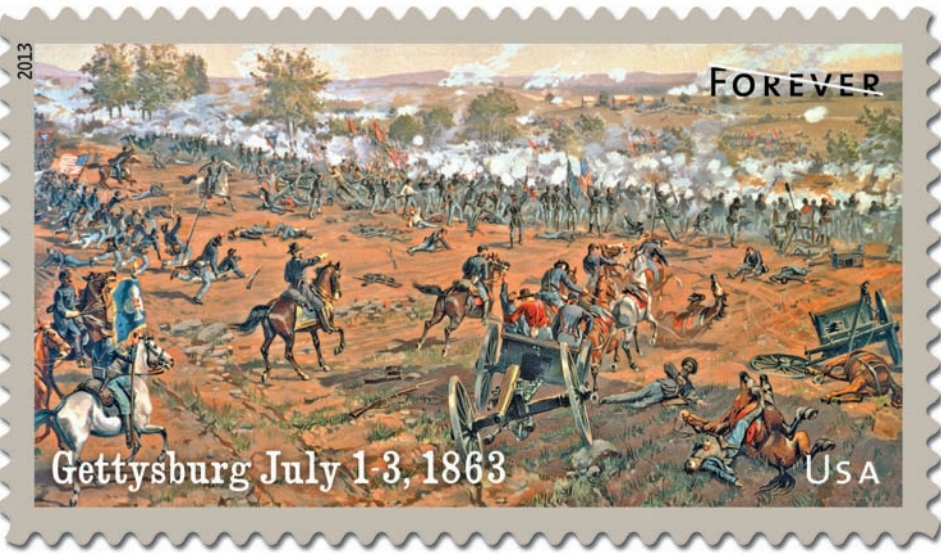
In late June, 1863, Confederate Gen. Robert E. Lee led the 75,000 man Army of Northern Virginia into Pennsylvania. The 95,000-man Federal Army of the Potomac, commanded by Maj. Gen. George Gordon Meade, moved north to confront Lee’s forces. July 1, 1863, leading elements of the two armies met at Gettysburg, Pa., as much by accident as design. Although Lee had intended to fight a defensive battle, the chance meeting of the armies caused him to alter his plans and the success gained on the first day convinced him to continue the attack on July 2. Likewise, Meade determined to commit his entire army and ordered a concentration of forces in defensive positions on the ground south of Gettysburg. The armies clashed again on July 2 at various places like Devil’s Den, the Wheat Field, Little Round Top and Culp’s Hill.

“That these dead shall not have died in vain.”

— The Battle of Gettysburg

July 3, both armies remained on the field where Lee ordered three Confederate divisions, about 15,000 men, to attack the center of the Union line. The Confederate attack failed. The Battle of Gettysburg still offers timeless lessons to Soldiers and military leaders. *(Editor’s note: Army Live is the official blog of the U.S. Army.)*

Brother against brother
Confederate casualties: 28,063 (3,903 killed in action)
Union casualties: 23,049 (3,155 killed in action)



Union Soldiers under Maj. Gen. Winfield Hancock rush to meet Confederate troops under Maj. Gen. George Pickett in Pickett’s Charge, the high watermark of the Confederacy. This new stamp, commemorating the 150th anniversary of Gettysburg, is a painting by Thure de Thulstrup. (Stamp © U.S. Postal Service)



Gen. Vincent Brooks (left) receives the guidon from Army Chief of Staff Gen. Raymond Odierno, officially accepting command of USARPAC from Lt. Gen. Francis Wiercinski (right) during a change of command and Flying V ceremony at Palm Circle, Tuesday. (Photo by Russell Dodson, U.S. Army-Pacific Public Affairs)

Brooks: USARPAC receives Inouye Star

CONTINUED FROM A-1

Admiral Samuel J. Locklear, commander, U.S. Pacific Command, bid a fond aloha to Wiercinski and his wife, Jeannine, and welcomed Brooks and his wife, Dr. Carol Brooks, into the military ohana. Brooks expressed his gratitude to Wiercinski for his support and guidance during his transition into his new position. “Thank you in advance for the opportunities to work with you in the future,” said Brooks. “I’ll ask of you only one thing, and that is to do your best, everyday. And I commit to you that Carol and I

will do the same.” In addition to the traditional military pomp and circumstance of the ceremony, a special award was presented to USARPAC. Irene Inouye, widow of the late Senator Daniel Inouye, presented the Inouye Star with Ordierno accepting. The Inouye Star, a crystal eagle statue, will be displayed at USARPAC headquarters in lasting tribute and as a reminder of her husband’s role in making USARPAC a four-star theater Army headquarters. “My late husband felt that this fourth star was critical to our position in the Pacific,” said Inouye.

Borzoi: 2-6 Cav pilots add realism

CONTINUED FROM A-1

leaders helped talk the Kiowa pilots on target, or helped the pilots locate and track targets to assault.” “Not only was this a great training opportunity for all the squads in Borzoi Company, but 2-6 Cav. was able to receive real-world training as they worked with the forward observers and platoon leaders,” said 1st Lt. Dan Heether, officer in charge of training. “The pilots of the helicopters got on the ground to speak face to face to FOs and platoon leaders to discuss their missions and how to best operate together.” Due to multiple training obligations, absent leadership positions allowed key non-commissioned officers to rise up and play a significant role in the exercise. “While running the tactical operations center for the company, we had to track each platoon and squad as their various missions moved them to many different locations throughout the Kahukus,” said Sgt. Luis Gomez, team leader, 1st Platoon, adding that

the 24-hour operations were conducted with four hours on/off cycles. “Myself, and other members of the TOC, understood the intent of our commander and Lt. Heether, and we helped facilitate their training to the best of our abilities.” “The air assault to the Kahukus enabled squads to conduct retraining on lessons learned from our live-fire, after-action reviews, in addition to the integrated training with the Chinooks and Kiowas,” said Capt. Ed Hoogland, Borzoi commander. “And in the absence of myself and the first sergeant for a portion of the training, a lot of leaders stepped up to fill roles, demonstrating how agile, adaptive and competent they are.” The Wolfhounds will build further on this training during Operation Mindinao Fury, a nine-day, battalion-wide squad training exercise in the fall, followed by training on the Big Island that focuses on platoon live-fires and a company exercise.

(Editor’s note: Smith is the 1-27th Infantry’s unit public affairs representative.)

8th STB: 82nd ESC clears mock IEDs

CONTINUED FROM A-1

battlefield preparation, because it is often forgotten until the nine line needs to be sent up,” said Capt. Suzannah Morrison, forward support medical platoon leader, Co. C. “This training has given us an opportunity to talk to engineers deploying (and address the) lessons we learned the hard way and give them the tools to expedite the whole process from the point of injury to the next higher level of care.” Pfc. Marcus Barber, a combat engineer in second platoon, 82nd ESC, also shared Morrison’s sentiment. “I enjoyed putting Soldiers on the bird because it is a scenario most people do not get to work with,” he said. “I liked the environment, as well, because it tested our abilities and is similar to some areas in Afghanistan.” The 82nd ESC also received aviation support from Co. A, 2nd Bn., 25th Avn., which

- How to make a 9- line medevac request**
 1. Location of the pick-up site.
 2. Radio frequency, callsign and suffix.
 3. Number of patients by precedence.
 4. Special equipment required.
 5. Number of patients.
 6. Security at pick-up site.*
 7. Method of marking pick-up site.
 8. Patient nationality and status.
 9. NBC contamination.

*(In peacetime, terrain description of pick-up site.)

airlifted a portion of the company out of the Makua Training Area, June 21. For many of the junior Soldiers, the exercise was their first time on a helicopter and a reward for a job well done.

USE YOUR HEAD



WEAR A HELMET

E

ducation mphasis



Representatives from USAG-HI, the DOD and HIDEO break ground at Hale Kula Elementary School, Monday, officially marking the beginning of the renovation and expansion plans at the school. Among the supporters are Col. Daniel Whitney (left), commander, USAG-HI; Gary Willis (second from left), OEA; Brig. Gen. Pete Johnson (fifth from left), deputy commander-operations, 25th ID; U.S. Sen. Mazie Hirono (sixth from left); Hawaii Gov. Neil Abercrombie (seventh from left); Jan Iwase (fifth from right), Hale Kula Elementary School principal; and Kathryn Matayoshi (right), superintendent, HIDEO. (Photo by Sgt. Matthew Ryan, 25th Infantry Division Public Affairs)

Work begins on Hale Kula renovation and expansion

SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — Monday marked a pivotal moment in Hale Kula Elementary School's 54-year history when teachers, students and honorable guests gathered at the school, here, for a groundbreaking ceremony to begin a much-needed renovation and expansion of the campus.

These upgrades will be the first to Hale Kula since it was built in 1959.

"A lot has changed in education since then," said principal Jan Iwase.

"What we're doing here is not just increasing the space for our students, for teaching and for learning, but also to have things in place that are 21st century," Iwase explained. "Teachers talk about collaborating, communicating, creating and thinking critically, and when you think about those four things, the setup of the classroom needs to change from the traditional to one where kids have opportunities to work together on projects that will help them see the relevance of their learning today."

Creating more opportunities for future generations of Hale Kula students seemed to be the overarching theme of the event, as notable attendees that also included Hawaii Gov. Neil Abercrombie; U.S. Sen. Mazie Hirono; Kathryn Matayoshi, superintendent, Hawaii State Department of Education (HIDEO); Brig. Gen. Pete Johnson, deputy commander-operations, 25th Infantry Division; and Col. Daniel Whitney, commander, U.S. Army Garrison-Hawaii, all spoke of the immense influence a child's learning environment has on his/her education.

"Providing quality infrastructure for these children to learn and grow, that's the biggest thing — to produce an environment that's much more conducive to learning and the educational objectives of the DOE," said Whitney.

"And certainly, when families go to look at a school, one of the first things they look at is infrastructure — what are the bones of this environment," added Johnson, whose youngest son, Daniel, is a fourth-grader at Hale Kula and whose two older children also attend public schools in the Central Oahu area.

"These improvements are nothing but a positive," Johnson continued. "We're thrilled to be able to be a part of this; anytime we can invest in our children, it's all goodness."

The upgrades are part of an effort by the Department of Defense to improve public schools on military installations nationwide. According to HIDEO, military dependents make up 98 percent of Hale Kula's nearly 1,000 students.

A 2011 assessment ranked Hale Kula ninth on a list of 160 reviewed schools eligible to apply for a piece of the \$250 million DOD Office of Economic Adjustment grant. In March, the DOD awarded Hale Kula \$26.6 million in funds, with another \$6.6 million provided by HIDEO, to go toward construction, renovation, repair or expansion of current facilities.

Through a charrette process, Hale Kula staff and parents brainstormed with members of USAG-HI and HIDEO, as well as architects from Design Partners Incorporated, to create a campus that will best accommodate their needs.

"We got the chance to think outside of the box and design not just the traditional school as we know it, but a school of the future," Iwase said.



A design rendering of what the new Hale Kula Elementary School campus will look like. Upgrades include a two-story library and media center as well as a covered playground area. (Image courtesy Design Partners Incorporated)



Col. Daniel Whitney (left), commander, USAG-HI, and Jan Iwase (right), Hale Kula Elementary School principal, untie the maile lei to mark the groundbreaking of the renovation and expansion plans at the school. (Photo courtesy Hawaii State Department of Education)

Plans call for a new administration building, a two-story student center and library-media center, a covered outdoor play court, additional classrooms and for the renovation of existing classrooms, to include replacing asbestos-ridden tile and repainting chipping facades.

"The new administration building will include a room for parents as well as a transition center," Iwase noted.

"Having that (transition center) right there in the office is a really wonderful thing, as it will greet the parents the minute they come into our school."

"The media resource center is going to be really exciting, too," Iwase added, "because it's

a whole new view of what a library is. It's more than just books; it's a resource for students so that they can create projects and really research and learn about questions that they have."

The project is expected to take three years to complete, with improvements to be done in phases so that the school can remain open to its students.

"This has been such a partnership with the DOD, the military and the state — everybody really had to work together," Iwase said.

"It's truly a team effort — they drove the train, but we assisted to the best of our ability throughout the process," Whitney added. "Most importantly, it's a better environment for learning, and that's what we're really after — a good environment in which our kids can learn and grow."

"It's just a really exciting time for our kids," Iwase agreed, "and it couldn't have happened without the support of so many people."

Big Brother or Big Sister military-keiki mentoring offered

WAYNE YOSHINO

School Liaison Office,
Child, Youth and School Services
Directorate of Family and Morale,
Welfare and Recreation

SCHOFIELD BARRACKS — Big Brothers/Big Sisters Hawaii (BBBS) is partnering with schools, corporations and others in the community to pair children ("Littles") with carefully screened and trained volunteer mentors ("Bigs") to change lives for the better, forever.

The BBBS Military Mentoring Program (MMP) supports children, ages 9-17, of active duty military personnel of all branches and components, including the National Guard and Reserve.

"BBBS is committed to serving Hawaii's military youth," said Jeff Mullis, program coordinator. "Our program wants to support and as-

sist them in their confidence and reaching their goals in life."

BBBS mentoring can provide an added layer of support to children of military families who may face extraordinary challenges and stresses because of multiple relocations, parent deployment or other realities of military life.

Another important outreach for BBBS is serving children who have lost a parent or have had a parent return from combat wounded.

The MMP matches adult members — volunteers from fields such as education, business and government, as well as active or retired



**Big Brothers Big Sisters
of Honolulu**

military personnel, cadets or reservists — with children of military families, and then professionally supports and engages the volunteer, child and child's family.

Mullis described the type of impact the program offers.

"One young lady in this program last year

said, 'My Big Sister is the best person in the world. She truly is like my own sister in life,'" Mullis explained.

The MMP reinforces the child's connection with the parent and community along with respecting and acknowledging the seven military

values — loyalty, duty, respect, selfless service, honor, integrity and personal courage — as a launching pad for the child's personal development emotionally, mentally and physically.

After only one year, participating agencies experienced great success in serving the military community: 84 percent of children involved in the program increased self-confidence, and 57 percent improved in overall academic performance.

Military Youth Mentoring

All youth who would like to partner with a "Big Brother or Big Sister" should contact Jeff Mullis. For further information, email Mullis at jmullis@bbbs-hawaii.org or call him at 696-4554.



Briefs

7 / Sunday

Learn to Swim — Registration comes to an end as follows:
•AMR pool, register through July 7, for July 8-20; call 833-0255.
•TAMC pool, register through July 7, for July 8-19; call 433-5257.
•HMR pool, register through July 8, for July 9-19; call 653-0716.

8 / Monday

Stoneman Athletic Complex Grand Opening — Preview the features of the new Stoneman Complex, 5 p.m., as well as the kickoff of the Intramural Softball League. This free event will include celebrations, food and fun. Call 655-0922.

Summer Reading Program — The Hawaii Army Libraries 2013 theme is “Have Book, Will Travel!” This free program runs through July 13 and is open to all age groups: children ages 3-5, 6-11, 12-18 and adults. Registration is required. Call the SB Sgt. Yano Library (655-8002) or the FS Library (438-9521).

9 / Tuesday

Taco Tuesday Night — Kolekole Bar & Grill offers three tacos, rice and beans specials for \$4.99. Call 655-4466.

10 / Wednesday

BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call 655-1130.
•South meetings, 11 a.m., 2nd and 4th Wednesdays, FS Bowling Center.
•North meetings, 2 p.m., every 1st and 3rd Wednesday, Tropics Warrior Zone.

Drawing Classes — Learn basic cartoon drawing, with creativity and confidence, by taking the mystery out of drawings at the SB Arts and Crafts Center.

Wednesday sessions follow:
•Adult class, 10 a.m.-12 p.m., \$35.
•Teens class, 2-3 p.m., \$25.
All supplies included; preregistration required. Call 655-4202

Teen Wednesdays — Cosmic Bowling for teens for \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free shoes with a two-game minimum. Call 656-1745.

Keiki Night — Every Wednesday night is Keiki Night, 5-8 p.m., at

SURVIVOR OUTREACH



FORT SHAFTER — Harumi Russell, wife of Staff Sgt. Marcus Russell, sews a section of an American flag created by Survivor Outreach Services' Families of the Fallen in honor of fallen warriors from the Pacific, here, recently. The completed flag was revealed at the annual Fourth of July Spectacular, Thursday, at Schofield Barracks. (Photo courtesy of Survivor Outreach Services)



Images of the fall warriors and loved ones are commemorated in the American flag created by Survivor Outreach Services' Families of the Fallen, recently. The two-month project displays images of fallen warriors from the Pacific, and letters from their loved ones and comprise the fabric of the flag. (Photo courtesy of Survivor Outreach Services)

Kolekole Bar & Grill (SB, 655-4466) and Mulligan's Bar & Grill (FS, 438-1974). Kids under 10 eat for a special price from the keiki menu.

11 / Thursday

Clay Hand Building Workshop — Learn to work with clay from the experts at the SB Arts and Crafts Center. Initial session is \$25; additional sessions are \$5. Call 655-4202 for pre-registration.

12 / Friday

“101 Dalmatians” Auditions — SB SKIES Classroom Unlimited will

hold auditions, 6:30 p.m., registration at 7 p.m. Auditions at the SKIES classroom, 241 Hewitt St. Call 655-9818.

Right Arm Night — Have “Summer Fun” time with drink specials and a pupu buffet, 4 p.m., Nehelani. Spouses and DOD civilians welcome for this adult event. Tickets are \$5 in advance or \$8 at the door. Tickets are on sale at the Nehelani. Call 655-4466.

13 / Saturday

Summer Concert Series — FMWR and the Native Hawaiian Liaison Office present the third event, 6-7:30 p.m., July 13, at the Leilehua Golf

Course Bar and Grill. Mike Ka’awa will be the featured artist.
Free admission, with food and drinks available for purchase. No outside food, beverages or coolers are allowed. Contact usaghi.nhl@gmail.com or call 656-0114.

23 / Tuesday

Youth Flag Football/Cheer-leading Season — Registration ends July 23 at CYSS Registration offices for youth born from 1997-2008. Cost is \$55 per person for flag football

See FMWR Briefs, B-6

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today Photography Competition — The Waikiki Aquarium invites amateur and professional photographers ages 18 and older to compete for a chance to be featured in the 2014 Aquarium Calendar. Entries will be accepted through the Aquarium's Facebook page until Aug. 5, 2013. Visit www.waiaquarium.com.

6 / Saturday Hula Ho'olauna Festival — Japan and Hawaii honor hula's culture for a weekend-long celebration featuring more than 500 dancers.
•Festivities begin 10 a.m.-6 p.m. Saturday, July 6, at Kāhala Mall with a hula exhibition.
•A hula hālau competition, hula

demonstration and Hawaiian craft and products sale, noon-6:45 p.m., highlight Sunday, July 7, at The Royal Hawaiian's Coconut Grove.
Free admission. Seating at the hula competition, however, is limited to friends and family of participating hālau, and those with a Hawaii state ID or military ID.

12 / Friday Sesame Street — Tickets are on sale for 16 performances of Sesame Street's “Can't Stop Singing” at the Blaisdell Concert Hall, July 12-21.
Tickets range from \$12-\$28 and can be purchased at the Blaisdell box office, all Ticketmaster Outlets, online at www.ticketmaster.com or by phone at (800) 745-3000. Visit www.sesamestreetlive.com.

13 / Saturday Pacific Aviation Museum — A new exhibit honoring Pacific Aviation pioneers officially opens 3-4:30 p.m., July 13, Hangar 36. Free with paid museum admission. Call 441-1007, email SpecialEvents@Pacifi-

cAviationMuseum.org or visit www.PacificAviationMuseum.org for tickets and information.

14 / Sunday “Flutter: A Green Experience” — Runs during center hours through July 14 as Pearlridge Center's 16th annual free summer exhibit for families. The museum-quality display features a host of eco-friendly, hands-on educational activities, including a Butterfly Pavilion, Keiki Exploration Station and educational workshops.
The Butterfly Pavilion is open 10 a.m.-8 p.m., Monday-Saturday, and 10 a.m.-6 p.m., Sunday. Cost is \$3; keiki under 8 are free with a paying adult.

“Cat on a Hot Tin Roof” — One of Tennessee Williams's best-known works and winner of the Pulitzer Prize for drama, will run Thursday-Sunday, through July 14, at the Actors Group Theater, Dole Cannery Square. Military discount tickets, \$12. Make reservations at www.taghawaii.net or call 722-6941.

20 / Saturday Prince Lot Hula Festival — The largest noncompetitive hula event in Hawaii, 9 a.m.-4 p.m., July 20. Honors Prince Lot Kapuaiwa, who reprised the once forbidden hula in the district of Moanalua, at historic Moanalua Gardens.
Event features both hula kahiko (ancient) and chant, and hula auana (modern) performances. Dancers will perform on one of the few remaining pa hula (hula mounds) in Hawaii. Visit www.moanaluaagardensfoundation.org or call 839-5334.

21 / Sunday Ukulele Festival — This 43rd annual event is largest event of its kind in the world, 10 a.m.-4 p.m., Kapiolani Park Bandstand. Visit www.ukulelefestivalhawaii.org.

Nature Walk — Join the Menehune Marchers Walking Club on a 5K or 10K walk. Start times are 9 a.m.-noon, July 21. Start point is the Kahua Nui Pavilion at the Ho'omaluhia Botanical Garden, 45-680 Luluku Rd., Kaneohe. Call 261-3583 or visit www.ava.org/clubs/menehune marchers.

worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers' Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services
•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass
•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m. TAMC

Gospel Worship
•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study
•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)
•Friday, 7:30 p.m. at PH

Pagan (Wicca)
•Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship
•Sunday Services
-8:45 a.m. at MPC
-9 a.m., at FD, TAMC chapel
-10 a.m. at HMR
-10:30 a.m. at AMR
-10:45 a.m. at WAAF (Spanish language)
-11 a.m. at SC (Contemporary)
Liturgical (Lutheran/Anglican)
•Sunday, 9 a.m. at WAAF

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.



Now You See Me
(PG-13)
Fri., July 5, 7 p.m.
Sat., July 6, 2 p.m.
Sun., July 7, 2 p.m.
Thurs., July 11, 7 p.m.



After Earth
(R)
Sat., July 6, 6 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield



Hawaii’s commissaries, including the Schofield Barracks Commissary, above, provide the biggest savings for patrons according to the recently released Price Comparison Study, approaching nearly 50 percent savings over the local economy.

Hawaii’s commissaries are found as ‘most valuable’ in world

Story and photos by
JACK WIERS
Pau Hana Editor

SCHOFIELD BARRACKS — The latest formal Price Comparison Study, issued by the Defense Commissary Agency in June, reports Hawaii’s commissaries lead the world in customer savings.

Hawaii commissary shoppers are the beneficiaries, saving a whopping 49.3 percent compared to those who shop at Hawaii’s commercial supermarkets, according to the research.

The main study, conducted on a comprehensive database provided by Nielsen, gathered actual prices from commercial grocery stores and commissaries for all scannable items sold at locations within the 48 contiguous states.

The database allowed DeCA to compare prices of virtually every Universal Price Code item sold in continental U.S. (CONUS) commissaries to identical items sold in commercial grocery stores (More than 35,000 grocery items were used in the 2012 analysis.). Tobacco products were not included.

Locally, data for scannable and non-scannable items were collected via physical audit at two commissaries in Hawaii, two in Alaska and 13 overseas locations. For each of these commissaries, two outside commercial stores were also surveyed, because the database for scannable items does not have pricing for retail stores outside CONUS.

About 200 items were surveyed in Hawaii and Alaska and about 180 at overseas locations.

DeCA sales weights by geographical areas were then factored into the model to arrive at a worldwide savings percentage. Taxes for food and nonfood were then applied to all retail sales and surcharge applied to commissary prices to arrive at an after-tax and surcharge percentage. Savings were then presented in geographic segments with the DeCA worldwide savings percentage representing a composite of all geographic areas.

At the Schofield Commissary, the impressive savings reflect the aggressive ap-



Schofield commissaries actively seek aggressive 50 percent price-saving deals with suppliers as a primary customer savings strategy.

proach by management to work with suppliers to maximize customer savings and volume buys.

“If there is a deal out there, I want it,” said Gregory McGruder, Schofield Commissary director, and a 39-year employee of DeCA, who previously served as a member of DeCA’s worldwide assessment team before coming to Hawaii in April.

The goal is competition and also targeting a magic 50 percent savings goal with big purchases. With no commissary markup, savings are passed along directly to the commissary shopper.

“Every Saturday, we want to have something ‘super spectacular,’” McGruder explained.

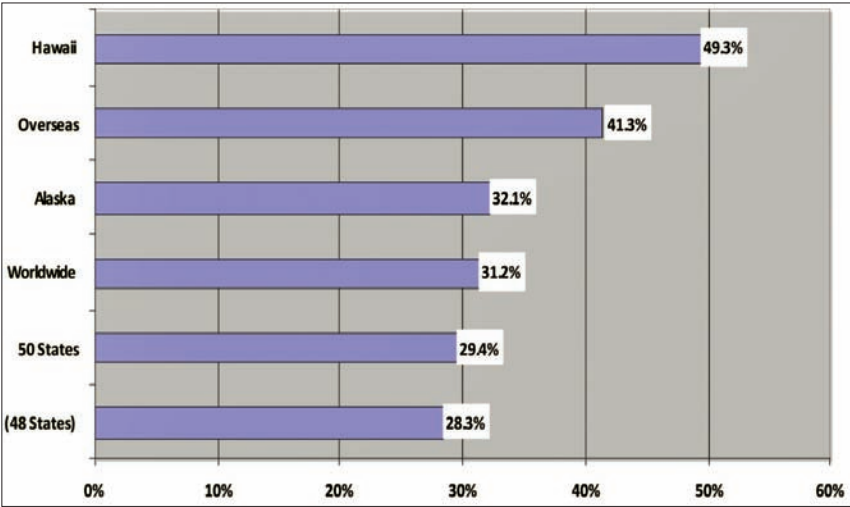
Suppliers who meet the 50 percent target, with what McGruder describes as a “Blue Light Special,” can receive Superman T-shirts with “Ask me about the Deal” inscriptions. The result has fueled competition among suppliers, McGruder said.

With the current distinction as DeCA’s most valuable commissary comes an understanding that customer service is at the core of the designation, McGruder added.

High volume specials are also coupled with special events, such as the recent three-day farmers market event, along with giveaways that recently included a washer-dryer giveaway, courtesy of manufacturing giant Proctor and Gamble.

“We’re about making people feel like they are our family,” McGruder said, while pointing out the washer-dryer giveaway was only for Schofield commissary patrons.

(Editor’s note: Information was pulled from DeCA’s Price Comparison Study.)



DeCA’s Price Comparison Study for 2012 shows Hawaii’s commissaries provide customers a savings of more than 49 percent when compared to Hawaii grocery stores. Hawaii’s figures are the more significant savings in the world according to the study. (DeCA chart)

DeCA offers grilling support

SALLIE CAUTHERS
Defense Commissary Agency

FORT LEE, Va. — Your commissary has everything you need for an outdoor barbecue party, and that’s good news for summertime gatherings.

“We’ve got the best meat and veggies for your cookout,” said Michelle Frost, DeCA’s chief of promotions and marketing. “Be sure to go to your commissary ... because we’ve got lots of items that you can take along for snacks.”

DeCA’s industry partners — vendors, suppliers and brokers — are collaborating with commissaries in July to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs; however, customers should check with their store manager to verify when they will be offering these sales events.



Everything you need for a summertime barbecue is available at your local commissary. (Courtesy photo)

- Overseas Service Corporation is sponsoring Patriot Perks, a sales event that says “thanks” to military families and rewards them for shopping at their local commissary until July 24. Patriot Perks will feature special pricing on dozens of products highlighted on in-store displays as well as at www.patriotperksforyou.com.
- Customers who spend \$25 on designated sale items are eligible for discounts or free coupons for activities on their military base. This program is offered only stateside, including Alaska and Hawaii.
- 7UP and Mott’s present Refresh Win and Ride, the Harley Davidson Giveaway until July 10. Five motorcycles will be given away through a drawing held Sept. 1. Look for the displays to register in your commissaries worldwide.
- The Kellogg Company is featuring a Triple Play Program. Specified Kellogg’s product packages offered worldwide will carry “on-pack” chances to win regular season baseball tickets and a grand prize offer for a trip to the World Series. Look for displays through July 24.
- Our Colors Never Run is a Webco promotional event that runs through July 24. Look for Webco displays with high-value coupons. There will be T-shirt giveaways at all commissaries.
- Hostess Twinkies should be back in our commissaries by the end of July. Your commissary will also be carrying all of Hostess “sweet cake” products with Twinkies front and center.

“Remember to play safe, ride safe and enjoy your summertime fun this July!” Frost said. “With our July lineup, it is worth the trip to your commissary to purchase all your picnic and barbecue party ingredients.”

(Editor’s note: Cauters is a marketing and mass communication specialist with DeCA.)

Summer campers sample 715th MI demonstrations

Story and photos by
STAFF SGT. DAVID PADILLA
500th Military Intelligence Brigade

SCHOFIELD BARRACKS — Soldiers from the 715th Military Intelligence Battalion, 500th



Staff Sgt. Dean Kaialau (left), explosive ordnance disposal specialist, 74th Explosive Ordnance Disposal Company, 303rd EOD Battalion, 45th Sustainment Brigade, 8th Theater Sust. Command, demonstrates the various robots that are used during operations at Tween Army Demo, June 25.

Military Intelligence Brigade, hosted a Tween Army Demo, June 25-27.

The battalion received children from the Hickam School Age Summer Camp and the Catlin Clubhouse to demonstrate Army equipment from a variety of Army professions.

The demo familiarized and educated more than 80 summer camp children on equipment used in the Soldiers’ profession.

“The majority of the children are from Air Force families, and this is the first time they get to interact with Army Soldiers,” said Capt. Isaac Greenberg, commander of the Headquarters Operations Company, 715th MI Bn., 500th MI Bde. “The demo introduces them to the Army and exposes them to what the Army does on a daily basis.”

Throughout days of the demo, children interacted with ordnance disposal robots and armored service vehicles, and they navigated an urban assault course. The children were treated to a demonstration of the bomb disposal dog. The demo assisted the summer camp in expanding the children’s knowledge and appreciation for their parents’ profession.

“It helped them gain an appreciation of what their military parents do on a day-to-day basis,” said John Janice, a child youth program assistant at Joint Base Pearl Harbor-Hickam’s Morale, Welfare and Recreation.



Staff Sgt. Molly Lau (left) and Spc. Zhikai Yang (second from left), both cryptologic linguists assigned to Headquarters Operations Company, 715th MI Bn., 500th MI Bde., assist children in donning chemical protective clothing during the battalion’s Tween Army Demo at the Urban Assault Course, June 25.

In the end, the children thanked the Soldiers with a thunderous thank you, while sneaking in a couple of “HOOAHS.” The demo proved to be a welcomed experience for the Soldiers, and

the battalion looks to grow the relationship in the future.

“We hope to continue this next year with the MWR,” Greenberg said.

Military moves always score high on the adventure scale

Prepare all you want, but in the end, every move is a crap shoot.

In two days, our movers arrive to take our belongings to Rhode Island.

No matter what I do, something will be lost, stolen or arrive broken. I can only pray that it’s that particleboard microwave cart I’ve always hated that somehow miraculously survived our last seven military moves.

Our first mover’s name was “Rusty,” a swarthy, seasoned trucker, who’d seen many a military transfer. Over lunch, he sat on the hydraulic platform at the back of his rig and told us stories of moves gone by.

“I’ve never had a late delivery. Even back in my drinkin’ days, I didn’t miss a beat. Why, one time after a fifth of Wild Turkey, I drove from Mississippi clear into Texas and had absolutely no recollection of it,” he said.

As we watched him drive off with our price-less belongings, we muttered a quick prayer that he would stay off the sauce a bit longer.

Our move from England to Virginia was oh



THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

so civilized. The British movers were friendly young mates, who properly sat together with us at our kitchen table, munching on fish, chips and pints of lager for lunch. As they drove off with our neatly packed belongings, we bid our new friends “tarah.” Only later did we realize that they’d “nicked” our telly.

When we moved to Virginia, we requested a “full unpack” because we knew we would not have much time for unpacking with an infant and toddler. As luck would have it, the movers were two hours late, left early and refused to unpack boxes or assemble beds.

To make matters worse, one Muslim member of the moving crew took a break to pray in our spare bedroom in honor of Ramadan. That

was not the problem. The issue was that, 10 minutes before he had entered the room, I had hidden in that same bedroom’s walk-in closet to nurse the baby.

Deep in prayer, apparently facing Mecca, he was quite surprised to see me pop out of the closet, blurting, “Howdy, Mohammed! Sorry to interrupt, I’ll just scoot on out of here and leave you in peace. Toot-a-loo!”

Years later, we moved to Germany, and were naively hopeful for a problem-free move. I put out coffee and doughnuts. I bought lunch and cold drinks. I supplied reclosable storage bags, tape and permanent markers for the movers to pack hardware.

A few hours later, I watched in horror as a crew member formed a little hammock with his shirt and used it to carry all our furniture hardware pieces over to the truck, then threw handfuls of the pieces in between furniture and boxes. I immediately protested, reminding him of the baggies I gave him for this purpose.

“Trust me, Ma’am, just shake out the paper at the bottom of the crate when you get there. You’ll see, all the pieces will be there,” he said. Of course, they were not.

And our last transfer to Florida seemed as if

it was our first problem-free move. We were so pleased with the German moving crew who were thorough, polite, appreciative and hard-working — with seemingly super-human strength.

After watching two men carry our piano down four flights of stairs, we thought the crew members were heroes. It wasn’t until we unpacked six months later, at our current home, that we realized they had stolen my husband’s entire irreplaceable military coin collection.

So what am I saying? Should we all forget about the reclosable baggies and permanent markers? Should we give up on buying the movers lunch to “butter” them up? Should we completely throw caution to the wind and hit the beach on moving day?

Probably not a good idea. But, we should realize that all military moves are a gamble, and the only thing we can be certain of is that the microwave cart will live to see another day.

(Editor’s note: A 20-year Navy spouse and mother of three, “The Meat and Potatoes of Life,” appears in military and civilian newspapers and on “Stripes Military Moms” website, www.themeatandpotatoesoflife.com; follow @MolinariWrites.)

Children can still eat healthy even while on the go

LT. COL. KAREN HAWKINS
U.S. Army Public Health Command

ABERDEEN PROVING GROUNDS, Md. — Is eating on-the-go now the norm for your family?

Busy family schedules often lead to fast foods and convenience foods. Finding easy, creative ways to add more fruits and vegetables in place of other foods may be important in reducing risk for child and youth obesity.

Many fast-food and beverage choices are often not the healthiest and may cause children to eat too many calories. In addition, many of these on-the-go food choices may not provide important nutrients children need for good health.

Too many calories, especially when coupled with inactivity, contribute to our nation’s growing trend in childhood obesity, which affects approximately one out of five children and adolescents in the U.S. — triple the rate from just one generation ago.

One study on fruit consumption showed that higher fruit consumption is linked with a lower body mass index in both adults and children. Another study suggests that people who



Fresh fruits and vegetables are easy snacks for kids to grab and go. (Courtesy photo)

eat more low-calorie and nutrient-dense foods, such as fruits and vegetables, have a healthier body mass index.

An easy way to eat more fruits and vegetables is to consciously provide fruit and vegetables at lunchtime and as snacks.

Five to nine servings per day of fruit and vegetables is recommended.

Many children and teens get almost half their calories each day from added sugars and solid fats. Approximately half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza and whole milk.

Changing Habits

To help replace some of those empty calories with more nutrient-dense food, here are a few ideas to create convenient, on-the-go meals and snacks. Many of these can be assembled in 10 minutes or less. For extra time savings, cut up fruits and vegetables on the weekend.

•**Banana and nut butter wrap.** Mash a banana and mix with any nut butter (this tip is a

great opportunity to try a different butter, like almond butter, which is high in vitamin E and protein). Sprinkle with dried fruit or coconut for a different flavor. Spread it on a whole-wheat wrap or flat bread, roll it up, cut it up and bag it.

•**Turkey, ham or chicken with hummus or Greek yogurt wrap.** Spread some hummus or Greek yogurt on a wrap, add meat slices, any cheese (optional), lettuce or spinach and cucumber slices. Roll it up and bag it. Hummus or Greek yogurt adds a unique flavor, so if your children do not like it, use mustard or a small amount of mayonnaise.

•**Pita pocket with curry chicken salad.** Take chopped chicken and mix it with a little curry, Greek yogurt, chopped celery and chopped carrots. Put it in a whole-wheat pita pocket with spinach or romaine lettuce.

•**Baby carrots, cucumbers chunks, grape tomatoes, hummus, whole-grain crackers and pita chips.** Put some hummus in a small container to use as a dip. Bag the carrots, cucumber chunks and grape tomatoes. Also, pack some whole-grain crackers or pita chips for energy-packed carbohydrates.



Trail mix is full of nutrients. (Courtesy photo)

Better Eating Habits

For more details about healthy eating for children, visit these sites:

- Kids eat right, www.eatright.org/kids/;
- U.S. Department of Agriculture, www.choosemyplate.gov/kids/; and
- Web MD, www.webmd.com/parenting/features/healthy-snacks-for-kids.

•**Low-fat yogurt, cheese, sandwiches.** Keep low-fat yogurt, cheese and sandwiches cold by using an ice pack, frozen juice box or frozen milk box.

•**Trail mix.** Mix almonds, peanuts, dried fruit and whole-grain cereal for a nutrient dense, energy-packed food and bag it. This tip is a great “take it anywhere” kind of food.

•**Other snacks.** Cheese sticks, nuts, frozen yogurt, soy or almond milk, 100 percent juice in boxes, dried fruit, fresh fruit and canned fruit all make great snacks and additions to lunches.

(Editor’s note: Hawkins is a registered dietitian with USAPHC.)

Briefs

CONTINUED FROM B-2

and \$55 per person for cheerleading or \$20 per person for cheerleading if applicant al-

ready has a uniform. Season runs Oct. 26-Dec. 21.

26 / Friday

Battalion-Level Intra-mural Volleyball — 2013 tournament registration ends 4 p.m., July 26, for Aug. 5-9 tournament at Martinez Physical Fitness Center Gym.

Registration opens for battalion/separate company-level, active duty Army, Reserve and Army National Guard units. Entries must be submit-

ted to the Sports, Fitness and Aquatics Office, Bldg. 690. Call 655-0922/8678.

Ongoing

Transparent Language Online — Army Hawaii Libraries will help you learn a new language. Transparent Language Online is a comprehensive language-learning program that includes 48 languages and English as a sec-

ond language. Available to all registered FMWR library patrons. It is accessible from the Byki Mobile apps for iPhone and Android devices.

Set up a Transparent Language Account via the Army Hawaii Libraries’ webpage, <http://dodhawaiilibraries.org>, select “eResources” tab, and then “Transparent Language Online.”

SKIES Unlimited Drivers Education — New

program is \$381, plus military receive a 5 percent discount. Earn additional savings by referring a friend to the same class to get \$25 off. Call 655-9818. The next session starts July 16.

New SKIES Unlimited AMR Studio — Now open and offering classes in Lil Nijas, Kenpo Karate, Rock School, Beginner Dance, Intermediate Dance, Hip Hop and Hula at the AMR SKIES

Studio. Call 655-9818 for class availability or visit www.himwr.com.

Home School P.E. Classes — SB and AMR Youth Sports conduct P.E. classes for military home-school families. Cost is free; however, purchase a Home School P.E shirt for \$7.

Register with nicole.kenos.naf@mail.mil (SB) or chris.t.fuamatu.maafala.naf@mail.mil (AMR).



Is ‘Mindful Eating’ a strategy or new diet fad?

CAPT. CAROLYNN RITTERMANN
Nutrition Care Division
Tripler Army Medical Center

HONOLULU — Some intriguing or catchy new diet always seems to be out, and it claims it will give you the perfect body, the one you always dreamed about.

Digging your way through the loads of information to find some real sense in all the nutrition advice out on the media circuit today can also be overwhelming.

Mindful eating is a growing movement that has been gaining in popularity. The appeal is not because of some quick-fix promise, but because at the core it is the attempt to bring us back to our internal compass.

It focuses on slowing down the eating process and honing in on true internal cues about food and hunger while fully engaging in the eating experience.

To truly engage yourself in the mindful eating process, eating must become the main focus. In other words, you must put the iPhone or tablet away, stop flipping through your email, sit in one spot and bring your awareness to the moment and to the act of eating.

It is all too common in our technology-sodden world to eat lunch in the car, on the run, while working at our desks or in some other state of semi-distraction. By the end of the meal, you cannot remember eating your sandwich, even though the wrapper is empty.

By eating with all of your awareness focused on the process — on how you feel, on how the food interacts with your body and your

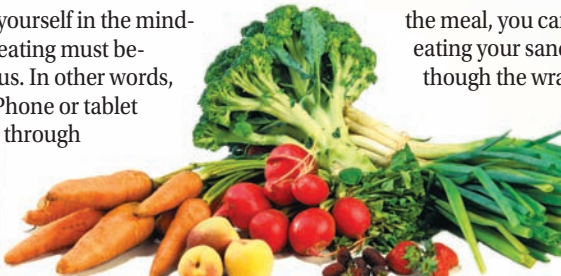
mind — you will begin to notice subtle changes in how you choose foods.

Healthy, bright-colored whole foods that come from the Earth are a part of mindful eating, as mindful eating acknowledges the need for self-love through nourishment.

In our fast-paced culture, we often lose sight of the importance of paying attention, fully, to one activity. Mindful eating enables the slow progression of aligning your food choices with health and wellness.

It is a new way to approach eating and can be a very personal experience, one that may be different for everyone.

It’s guaranteed to bring new insights into why you eat, how you eat and what you eat.



A mindful diet includes plenty of brightly colored whole foods. (Courtesy photo)